



**State Senator  
Gilda Z. Jacobs**

## ***How To Contact Me***

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**State Senator  
Gilda Z. Jacobs**

**Lansing Address:**

P.O. Box 30036  
Lansing, MI 48909-7536

**Toll-Free:**

1 888 YES GILDA  
1-888-937-4453

**Phone:** 517-373-7888

**Fax:** 517-373-2983

**Website:**

[www.senate.michigan.gov/jacobs](http://www.senate.michigan.gov/jacobs)

**E-Mail:**

[sengjacobs@senate.michigan.gov](mailto:sengjacobs@senate.michigan.gov)

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# HEALTHY LIVING

## ***Healthy and Helpful Tips for District 14***

*Dear Friends,*

*Earlier this year, Dr. Kimberlydawn Wisdom, Michigan's first surgeon general, released a report showing that Michigan ranks third-worst among states in its rate of obesity. In fact, Michigan has been among the ten heaviest states for the past 14 years. Additionally, more than 62 percent of Michigan adults are considered overweight or obese. And 11 percent of Michigan's high school students are considered overweight, with another 13 percent at risk.*

*A study released by the Michigan Economic Development Commission (MEDC) says that Michigan's poor health has economic consequences too. Compared to 17 states that we compete with for jobs, Michigan ranks first in coronary heart disease, second in obesity and diabetes, and sixth in smoking. In 2002 alone, our unhealthy lifestyles cost Michigan businesses \$8.9 billion in medical costs, lost productivity, and workers' compensation.*

*That's why Governor Jennifer Granholm and Dr. Wisdom have released the Prescription for a Healthy Michigan, a new plan designed to improve the long-term health of our residents by focusing on strategies to prevent disease and other chronic health problems.*

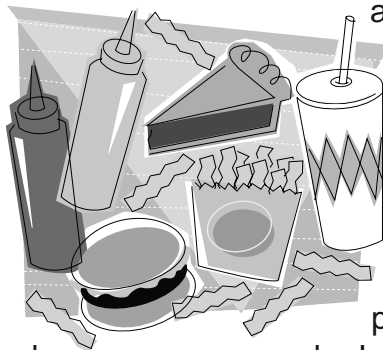
*As a member of the Senate Health Policy Committee, I join the Governor and Surgeon General in urging you to "Get Moving" and get healthy. As part of that effort, I am devoting this newsletter to healthy and helpful tips so that Michigan can become a vibrant, wholesome, and vital place to live.*

*Sincerely,*

**Gilda Z. Jacobs • State Senator**

# Healthy Lifestyle Legislation Pending

Numerous bills that address health-related issues have been introduced this session, including legislation to ban the sale of unhealthy foods in schools; a ban on lawsuits against restaurants and/or the food industry for damages alleged to occur by eating their food (which emphasizes accepting individual responsibility for choices); and the addition of registered and licensed dietitians and licensed nutritionists to the Public Health Code, which includes educational



requirements, continuing education, and a department-approved examination.

In addition, I have sponsored or supported legislation to require public schools to adopt and implement smoke-free school grounds, school nutrition policies and to require elementary students to participate in a specified amount of physical activity per week. I also supported a package of bills to reduce the dangers of lead poisoning and encourage prevention.

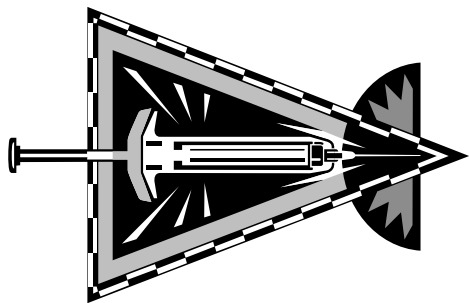
# Medicaid Funding Update \$

As you may know, in late July an agreement was reached by the Michigan House and Senate regarding the passage of a cigarette tax increase. Governor Jennifer Granholm has pledged to use the increase for Medicaid programs in the current fiscal year. While the increase is not a cure-all, it will help alleviate the strain on Michigan's budget. The compromise agreement will allocate all of the newly collected tax revenue to the Medicaid Trust Fund for the balance of 2004 and fiscal year 2005. In addition, the agreement requires the state to distribute nicotine patches as part of its Healthy Michigan effort.

# DID YOU KNOW...

that Michigan's infant mortality rate is among the highest in the U.S.? In 2002, the death rate per 1,000 live births in Michigan was 8.1. That's compared to the U.S. mortality rate of 6.9.

# Immunizations Are Not Just For Kids



While most adults are aware that babies and children require numerous immunizations to keep them healthy, many do not know that immunizations also prevent serious illnesses among adults. These include: Measles-Mumps-Rubella (MMR); Tetanus-diphtheria (Td);

Pneumonia; Influenza; Hepatitis A and B; and Chickenpox. These immunizations, along with preventative immunizations for infants, toddlers, preschoolers, children, and teens, are available at the Oakland County Health Division. For more information, call **248/424-7046**.

# Dining Out...Smoke-Free

A bill is currently in committee that would amend the Public Health Code (1978 PA 368) to ban smoking in Michigan's public restaurants. Under the legislation, the following would be exempt:

- Private clubs that serve only club members and their guests



- Food establishments owned and operated by fraternal organizations
- A private facility that is served by a catering kitchen
- Separate rooms in food establishments used for private banquets
- Bowling alleys

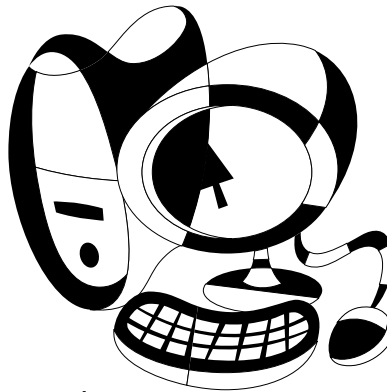
- Bars that take in less than 30% of their gross income from food sales

This legislation will not only improve the environment, but improve the health and longevity of all Michigan citizens. Please visit **[www.smokefreediningpetition.com](http://www.smokefreediningpetition.com)** to sign the smoke-free dining petition.

# Health-Related Internet Resources

The Governor's Council on Physical Fitness, Health and Sports offers programs, events, and publications that will help Michigan residents "Get Moving." To learn more about participating in a more active Michigan, go to: **[www.michiganfitness.org](http://www.michiganfitness.org)**.

The Department of Community Health now offers shortcuts to numerous helpful topics on the MDCH website. From arthritis to vision screening, these websites offer links to information and resources on



prevention and treatment of a variety of diseases. Just go to: **[www.michigan.gov/mdch](http://www.michigan.gov/mdch)** to access the topics. The list is growing rapidly, so check back often to see new shortcuts as they become available.

## September is...



**Ovarian Cancer Awareness Month.** Ovarian Cancer is the fifth leading cause of cancer

death among U.S. women, occurring in one out of 57 women. It is expected that 25,580 women will be diagnosed with the disease in 2004. Early detection is key. For more information, visit **[www.ovarian.org](http://www.ovarian.org)**.

## Healthy Aging® Month

is an annual health observance designed to focus national attention on the positive aspects of growing older and provide adults over 50 with information to improve their physical, mental, social, and financial health. Visit: **[www.healthyaging.net](http://www.healthyaging.net)**.

# DID YOU KNOW...

that in a 2002 survey on health concerns, women listed breast cancer as their number one health fear, even though cardiovascular disease kills nearly ten times more women than breast cancer every year?



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# HEALTHY LIVING ISSUE

## Oakland County Resources

### *Where to Find Services You Need*

Tele-Help/United Community Services.....313-226-9888 or 800-552-1183  
Common Ground (24 hours).....248-456-0909 or 800-231-1127

#### HEALTH CARE INFORMATION

Oakland County Health Department

Pontiac Branch .....248-858-1280  
Southfield Branch .....248-424-7000  
Walled Lake Branch .....248-926-3300  
AIDS Hotline .....800-872-AIDS

#### COUNSELING

Oakland Family Services .....248-858-7766  
Oakland County Youth Assistance .....248-858-0050

## Area Walks/Runs

Our area is home to numerous walks and fun-runs during the coming months. Consider bringing the family and joining in!

#### **AIDS Walk Detroit (5K)**

Sunday, September 19, 2004  
Downtown Royal Oak  
For more information,  
call 248-399-WALK

#### **Detroit Free Press/ Flagstar Bank Marathon**

(+ half-marathon, relays, and Compuware 5K walk/run)  
October 22-23, 2004  
Downtown Detroit  
For more information,  
call 313-222-6676.

## FREE Fit Kit!



Medical experts recommend healthy eating and physical activity as key parts of a comprehensive weight loss program. The Michigan Department of Community Health is offering free Fit Kits via the Internet which include more than a dozen helpful brochures, guides, recipe collections, and tips. You can download any part of the Fit Kit to help you personalize your own weight management plan! Just visit: [www.michigan.gov/mdch](http://www.michigan.gov/mdch) and select Physical Health & Prevention from the menu.

